



New Pathways Wellbeing Circles

EXPLORING FOUNDATIONS OF WELLBEING

and how the theme impacts on various aspects of our life and contributes to our overall health and wellbeing.

JOY

The rule is you have to dance a little bit in the morning before you leave the house, because it changes the way you walk out in the world.

Sandra Bullock

Joy is an attitude or a belief, which soothes even in the most sorrowful of situations. Joy comes from within; it is an internal view. Joy in the Biblical context is not an emotion. It is not based on something positive happening in life but is an attitude of the heart or spirit.

healthpsychology.org

If I can see pain in your eyes, then share with me your tears. If I can see joy in your eyes, then share with me your smile.

Santosh Kalwar

To get the full value of joy you must have someone to divide it with.

Mark Twain

A Poem

Make your life about joy.

Celebrate your big and little wins.

Grow every day.

Enjoy the first sip of your morning coffee, and the second, and third and fourth.

Find something to smile about on your commute.

Give hugs often, compliment others whenever you can.

Get inspired.

Nourish yourself.

Go outside and spend time in nature.

Take chances.

Make the art.

Watch the sunrise.

Climb the mountain.

Because life is just too short and fragile to not live a life of chasing joy.

Nikki Banias

When you do things from your soul, you feel a river moving in you, a joy.

Rumi

Some of you say, "Joy is greater than sorrow," and others say, "Nay, sorrow is the greater." But I say unto you, they are inseparable. Together they come, and when one sits alone with you at your board, remember that the other is asleep upon your bed.

Kahlil Gibran

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

Thich Nhat Hanh

Joyfulness is an inner wellspring of peace and happiness. It is beyond ordinary happiness because it is not an occasional reaction to luck or circumstances. It is a deep sense of wellbeing that fills us with delight and hope. We appreciate the gift of life, and savour it's richness. We enjoy simple pleasures. We find the humour in things. We allow joy to carry us through painful times. We take ourselves lightly and remember to play. Joy comes when we are being true to our soulful purpose. It gives us an abiding sense that all is well.

Virtues Project

Joy is not a constant. It comes to us in moments - often ordinary moments. Sometimes we miss out on the bursts of joy because we're too busy chasing down the extraordinary moments. Other times we're so afraid of the dark we don't dare let ourselves enjoy the light. A joyful life is not a floodlight of joy. That would eventually become unbearable. I believe a joyful life is made up of joyful moments gracefully strung together by trust, gratitude and inspiration.

Brene Brown

Laughter is wine for the soul - laughter soft, or loud and deep, tinged through with seriousness - the hilarious declaration.....that life is worth living.

Sean O'Casey

Joy is not only a fruit of the Spirit, joy is also a specific anointing to strengthen us in times of loss and mourning.

<https://www.tabernacleofdavid.org.au>

In this world, we are influenced by two sentiments, joy and pain. Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of usefulness. But when sadness visits us, we become weak, our strength leaves us, our comprehension is dim, and our intelligence veiled. The actualities of life seem to elude our grasp, the eyes of our spirits fail to discover the sacred mysteries, and we become even as dead beings. There is no human being untouched by these two influences.

Baha'i Faith

Oh, joy! That happy, buoyant emotion is a great feeling, whether it's brought on by a big life event (like a wedding or birth) or something as simple as finding the perfect fruit at the farmer's market.

On an emotional level, we may feel joy in a variety of ways — tearfully, euphoric, with a deep sense of contentment, and more.

On a scientific level, we feel joy in our neurotransmitters, which are tiny chemical "messenger" cells that transmit signals between neurons (nerves) and other bodily cells. Those neurotransmitters are responsible for processes and feelings in almost every aspect of the body, from blood flow to digestion.

www.healthline.com

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

Tagor

True happiness comes to you when you start to balance your inner-self and find your inner peace; it also comes from you not paying attention to what opinions others have about you, happiness truly comes from within you.

Sangeeta Rana

There are moments when I wish I could roll back the clock and take all the sadness away, but I have the feeling that if I did, the joy would be gone as well.

Nicholas Sparks

A Story

A 92-year-old woman who lost her husband after 70 years of marriage was moving into a nursing home—her new home after her husband's death.

After waiting patiently for several hours in the lobby, she was told her room was ready. She smiled sweetly. While gingerly manoeuvring to her room with her walker, she was provided with a visual description of it including eyelet curtains that had been hung on the window.

"I love it," she said with enthusiasm.

"Mrs. Jones, you haven't even seen the room...just wait," her escort said.

"That doesn't have anything to do with it," she said. "Happiness is something you decide on ahead of time. I already decided to love it."

"I make a decision every morning when I wake up, she explained. "I have a choice: I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work (she is legally blind), or I can get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away just for this time in my life."

She went on to say, "Old age is like a bank account—you withdraw from what you've put in. My advice to you would be to deposit a lot of happiness in the bank account of memories. I am still despositing."

Unknown author

I want a life that sizzles and pops and makes me laugh out loud. And I don't want to get to the end, or to tomorrow, even, and realize that my life is a collection of meetings and pop cans and errands and receipts and dirty dishes. I want to eat cold tangerines and sing out loud in the car with the windows open and wear pink shoes and stay up all night laughing and paint my walls the exact colour of the sky right now. I want to sleep hard on clean white sheets and throw parties and eat ripe tomatoes and read books so good they make me jump up and down, and I want my every day to make God belly laugh, glad that he gave life to someone who loves the gift.

Shauna Niequist

What I know for sure is that you feel real joy in direct proportion to how connected you are to living your truth.

Oprah Winfrey

It is not happiness that makes us grateful, but gratefulness that makes us happy!

Brother David Steindl-Rast

Happiness is like jam; you can't spread even a little without getting some on yourself

Author Unknown

Living an unbalanced life means understanding that on any given day, week, or year, every yes we utter means a no to countless other tasks and goals. It means embracing ebb and flow and the delightful truth that building a joyful life does not require perfection.

Krista O'Reilly-Davi-Digui

When you can't control what's happening, challenge yourself to control how you respond to what's happening. That's where your power is.

Author Unknown

The biggest thing standing in the way of our most joyful lives is ourselves.

In a world that is filled with so many terrible injustices, deciding to prioritise our own joy can sometimes feel a little bit selfish. We can convince ourselves that it's not that important in the grand scheme of things, or that we aren't worthy of living a joyful life. But the truth is, joy is powerful, and we all deserve more of it.

Joy is a great predictor of good health. Studies show that joyful people have less chance of having a heart attack, maintain a healthier blood pressure, and tend to have lower cholesterol levels. There's research to prove that joy boosts our immune systems, fights stress and pain, and improves our chance of living a longer life. Being joyful could quite literally add years to life.

Joyful people are kinder

Add to that the fact that joyful people tend to be more patient, kind and creative than their peers. Studies have shown that they're also more likely to have healthy, meaningful relationships that last.

Joyful people are more successful

Lots of people tell me that they know joy is important, but that right now, they're too busy focusing on their careers to prioritise it. I get that idea, I really do, but what if I told you that the research shows that joyful people are 40% more likely to receive a promotion at work? The science shows that our brains work significantly better when they are in a positive state, as opposed to a negative, neutral or stressed state, and so prioritising your joy could be the magic ingredient for your career success.

All we have is right now.

The Joyful Coach

One small positive thought in the morning can change you whole day.

Dalai Lama

Life is a journey of emotions with many highs and lows. As we begin to read these emotions, we enhance our ability to recognise triggers that cause us pain, create negative thoughts and overwhelming feelings. Our emotions come from the inside out. As we tap into our inner voice and spirit, we strengthen our emotional response to the highs and lows of life. Having a positive outlook and feeling happy assists us to be stronger, more determined, healthier and more successful.

Always remember that joyfulness gives us wings to fly and achieve our best.

Annette Subhani

Joy does not simply happen to us. We have to choose joy and keep choosing it every day.

Margaret B. Moss

Thank you for joining us this evening. Please reach out if you require additional support.

Upcoming Programs

- Wednesday 13 September @ 7.30pm with the **Theme – Loyalty**
- Wednesday 11 October @ 7.30pm with the **Theme – Empathy**
- Wednesday 8 November @ 7.30pm with the **Theme – Reliability**
- Wednesday 13 December @ 7.30pm with the **Theme – tbc**

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Annette Subhani
~ *accompanying you through transitions of life*
newpathwayslifecoaching.com.au
newpathwayslc@gmail.com
0418 320 138

Facebook: @newpathwayslifecoaching

Insta: @newpathwayslc

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